

NHM - 46 Total Sexy Health w/Udo Erasmus Part 1

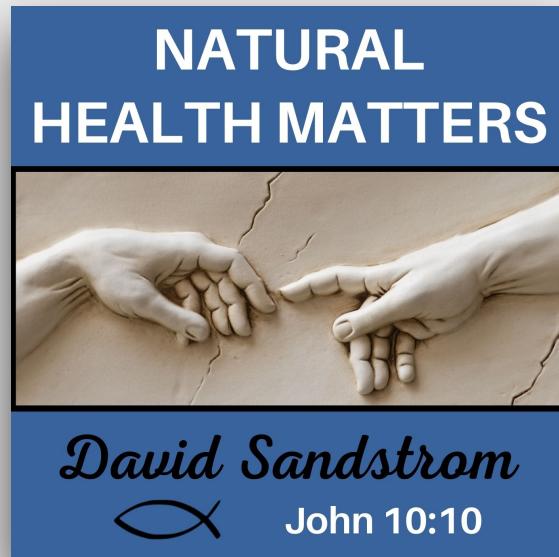
David Sandstrom 0:00

Here's a sample of what you'll hear on this episode of natural health matters.

Udo Erasmus 0:04

In 1976, my marriage broke up, and I was very upset. And I was really angry. And I felt like I wanted to kill something. So I took a job as a pesticide sprayer.

And that's how I did my job on a tractor with a big, big tank in the back and the spray would drift on my back, the wind would drift a spray on my back. And I got to a point that I ended up getting poisoned by it. And I went to the doctor and said, What do you have for pesticide poisoning? She said nothing. And that day, the penny really dropped at health is my responsibility.



I'm your host, David Sandstrom, naturopathic doctor and biblical health coach. And this is episode number 46.

David Sandstrom 1:05

This episode is brought to you by butcher box. BUTCHER box delivers high quality meats and seafood directly to your door. Check them out by going to my website, David sandstrom.com, forward slash resources, use my affiliate link by clicking on the butcherbox logo. And right now they're offering my listeners the natural nation \$30 off your first order. This episode is part one of a two part series of my conversation with Udo Erasmus Udo is a real legend in the natural health world. And we talk about his program called Total sexy health. And if you just looked at the name, it would appear as though we're going to be talking about the physical side of our health only. But Udo's approach to health is a lot like my own. And it's a more comprehensive one than just the physical. So we end up talking a lot in this episode about the spiritual components of health. And as you know, if you're a regular listener to this show, you know that I believe that we maximize our health potential by aligning our lives more fully with God's designed for spirit, mind and body. So it's appropriate to spend some time

talking about the spiritual component to help once in a while. Now, Udo and I don't see eye to eye on some things. For instance, I don't think he's come to the same place of surrender to the Lordship of Jesus Christ that I have. But we find a lot of common ground. And I think it's a very interesting conversation. We talk about the big four questions. Who am I? Where did I come from? Why am I here? And where am I going? The answers to those questions are crucial, because when we answer them correctly, we think speak and act in ways that are more in alignment with our natural design. When we act according to our design, we enjoy more contentment, and fulfillment. And we experience more love, joy and peace, which are all health promoting. And when we answer those questions incorrectly, we think speak and act in ways that are contrary to our design, and that'll produce more uncertainty and stress which is counterproductive to our health building efforts. Udo is a great guy. He has a lot of wisdom to share. I really enjoyed this conversation and I think you're going to enjoy listening to it as well. So let's jump right in.

David Sandstrom 3:20

Today's guest is Udo Erasmus he is the legendary founder of Udos Choice which is a healthy oil found in Whole Foods and many health food stores worldwide. Udo has an extensive education in biochemistry, genetics, biology and nutrition, as well as a master's degree in counseling psychology. Budo is an acclaimed author. He's sold over 250,000 copies of his numerous books, including fats that heal fats, the kill. Udo is a sought after speaker. He's given over 5000 presentations on nutrition and health. And he's a teacher at Tony Robbins and Deepak Chopra events. Udo it's an honor to have you and welcome to the show.

Udo Erasmus 4:02

Thank you. I appreciate being on.

David Sandstrom 4:04

I thank you for giving us time. I know you're busy person. I want to say this At first, I bought your book that's the heal fats that killed many years ago, probably 20 plus years ago read it. It's it's not a light read. It's it. There's a lot in there. But I looked in the copywrite and you first wrote that book in 1986. So that was, what 35 years ago. And at that time, in the mid 80s. People were demonizing fats, fats were the devil. And and you were one of the few voices out there saying, Well, actually, there are no such thing as healthy fats. Let's talk about this. Let's talk about what the science says. So you were 30 years ahead of the curve on that. So talk to me a little bit about what inspired you to pursue that path.

Udo Erasmus 4:48

Well, I got whacked on the head. My what happened was in 1976, my marriage broke up and I was very upset. And I was really angry and I felt like I wanted to kill something. So I took a job as a pesticide sprayer. That's what you do when you spray pesticides, you kill eggs. Yeah, I did that really carelessly for three years, I literally literally I would walk over the lawns that I had sprayed with weed killer, barefoot. Oh my goodness, then the skin peeled off the bottom of my feet. And that at that point, I started wearing rubber boots. Yeah, but it was a summer job. And I did it in a bathing suit because I was wanted to have a tan because look how pale I am. Right? So I always wanted to be vanity right. And so I was in a bathing suit with rubber boots, like Wellington boots. And that's how I did my job on a tractor with a big, big tank in the back and the spray would drift on my back, the wind would drift to spray on my back. And I got to a point that I ended up getting poisoned by it. Yeah. And I went to the doctor and said, What do you have for pesticide poisoning? She said nothing. And that day, the penny really dropped that health is my responsibility. And I wasn't ever really sloppy. But I've I began to take it really seriously. Yeah. And what I got was nausea, cramps, dizziness, at a really strange experience where when I turned my head, it felt like my head did turn but my brain didn't. Of course, that's not what happened. But that's what it felt felt like yeah, and then and then no energy. That was the biggest thing I was 38 years old. If I walked around a city block, I'd have to sit down and rest while I was like an 80 year old guy. But now I've 78 I have more energy now than I had when I was 38. Yeah, and so then I went into the journals, because the idea is, well, if you, your body is made out of food, water and air. So if you if something goes wrong with the body, the first thing to do to get it better, is to raise your standard of intake for your food, your water and your air. And every year 98% of the atoms in the body are removed and replaced, right? This is like, this is like a major construction site. So that means if you raise your standard in, in one year, you can have rebuilt your body 98% to a higher standard. Wow. And that's why, by the way, is why healing is possible because the body's always turning over. Yeah, so you give it better input for what you make it out of. So that's how you heal things.

David Sandstrom 7:37

That speaks to the idea of we need to consider what we're putting in our mouths as fuel, because our body takes what we eat, and turns it into us. But that's quite a miraculous process.

Udo Erasmus 7:48

Right? your eyeballs are made out of meat and vegetables. That's right, right. That's right. And so are your ribs and soy. So are your fingernails. And so is everything

David Sandstrom 7:58

and water, you know. And even the air we breathe. Yeah, yeah, it's very important to consider that.

Udo Erasmus 8:05

And so in order to do that, I got into the journals because I had the background in biochemistry, genetics. Yeah, trying to figure out everything about health and nutrition, nutrition and health, nutrition and disease. Yeah, and I got stuck on fats, because I learned how much damage is done to oils, when they're being processed before you buy them by the industry. Yeah. And I found out that omega three and omega six, the two essential fatty acids that you can only get from fats that you have to have, those are the most sensitive of our essential nutrients, omega threes more than omega six. And omega three was just established as an essential nutrient in 1981, which was the year I after I got poisoned when I already had my head buried. And so what I read from that is number one, we're wrecking the oils, they need the most care, we give them the least care. You know, we throw them in the frying pan right industry treats them carelessly. And more health problems come from damaged oils than any other part of nutrition. You have more health benefits would come if you made gave your body an oil change from damaged oils to oils made without in mind. Excellent because I'd been poisoned. I was thinking about how when I read all this stuff about the damage. I said, I can't get healthy on oils like this. We should make them with healthy mind. Yeah, it was Bingo. And I'm gonna do it.

David Sandstrom 9:30

Well, you know, you hear a lot of explanations. But it's my opinion, that if you look at the rise in omega six, dirty oils, consumption, which started in the early 1900s, really, really took off and you look at the rise in heart disease, it's very parallel. You see, you see a very parallel graph if you put those graphs next to one another, so we really need to consider what we're putting in our bodies.

Udo Erasmus 9:53

And the research shows that when you damage oils by either light, oxygen or heat All of which you get in the frying pan. Right? You increase inflammation and you increase risk of cancer, cardiovascular disease, the two big killers any of the inflammatory diseases. Yep.

David Sandstrom 10:12

Yep. Which includes dementia. Right. And Alzheimer's and dementia. Yeah, yeah, absolutely. So, yeah, we could we could probably spend the whole podcast on on nutrition if we wanted to, but I want to talk about so I heard you say, the other day on a different podcast, that your first nutrient should be inspiration. And I think that's where that really resonates with me. Could you speak to that a

Udo Erasmus 10:36

little bit? Sure. When I, when I was going around and talking because I was spending six to nine months on the road, living out of a suitcase, traveling 40 countries talking about nutrition and health. And I would meet people who were super educated, they knew more than I did, about because they listened to all the experts, and took notes. And you know, and they'd like you could have a really good conversation about health with them. And you could learn something from them. Yeah. But they had still had all of their health problems. It's like, why is it that we and it's true for me, too? Why is it that we know much more than we put into practice?

David Sandstrom 11:16

Well, you know, one of the things I like to say is, no one's ever as good as they preach or teach.

Udo Erasmus 11:22

Right? That's a good way to,

David Sandstrom 11:24

it's easier to teach somebody else than it is to actually do it. Yeah. But go ahead.

Udo Erasmus 11:28

But But the point, but the point is, if you want to help people with the health, then that how do you get them to do it? You know, and if you want to get yourself more healthy, how do you get yourself to do it? Yeah. And I came to the conclusion is that it's about inspiration, when a person is inspired. They're energized. And we can talk about where that energy comes from, but you're energized. And when you're energized. You feel capable. It's not that hard to say, oh, okay, I'm not gonna drink dirty water anymore. Oh, okay. I'm not gonna eat fried starches anymore, or whatever it is that you need to change, you know, you need to change it. The energy that from inspiration makes it easy to say, Okay, I'm just gonna do this now. You know, and you just decide you make a decision, right? And then you stop doing it. If you're not inspired, you don't have a lot of energy. And if you don't have a lot of energy, everything becomes too hard. Yeah, or a lot of things become too hard. Right? Ah, that's too hard. You know. And if you're really, really, really, really uninspired, then you're going to be depressed. Because inspiration is the opposite of depression. And if you get depressed enough, you will destroy your own body. Right, deliberately. Yeah, just even living and breathing is too much work. Yeah. Right. Right. And so it occurred to me that it's really important to get accurate information. Because if you don't get accurate information, you can't make good choices. And my view

is lying, which happens a lot in politics and in, in advertising, of in every arena. Lying is a form of dictatorship because it takes your choice away. Hmm. And so it's important to get accurate information. But it's just as important that you present that information in a way that is inspiring to people. That energizes them. Yeah, that, you know, that the energy really comes from them. It's not like I'm shooting energy at them. But something that that gets them in touch with their own energy.

David Sandstrom 13:34

Yeah. It comes from within, right from within. You know, I like it, the people listen to this show a lot. They've heard this before. But Michael Hyatt likes to say, and I quote him, you'll lose your way when you lose your why. And I think when you have a reason why you want to get healthy, I got a speaks to the idea of being inspired. Because you've made up your mind, okay, this is what I'm doing. This is who I am. And I'm going to pursue that I don't have to get up in the morning and say, well, should I have the Froot Loops today? Now that decisions already been made, right? Because you have your why what whether your why is I want to be there for my grandkids, I want to be active in my in later in life. Or maybe you have heart disease in your family and say I don't want to go down that path. And I don't want to die of heart disease of 55. You know, there's a lot of 1000 different or a million different reasons that people would want to get healthier. But I think it's important that we all ask ourselves that question, say, Well, what is it that I would like to be who is it that I'd like to be? And when I recover my health, and I get to the level of vitality that I want? What could I do then that I'm not doing now? And that would serve to inspire us?

Udo Erasmus 14:47

Yeah, I don't I look a little bit different on the y's, the Y in my view, and in my experience, the Y is answered by getting closer, to the source of my being within myself. So I know the the primary purpose of life is to be fully present in all of my being. And experience. the majesty of that being. Yeah, built in

David Sandstrom 15:23

Christ and i don't i don't disagree with that one bit and what in Christian terms in in our nomenclature, we would say, well, that is reflecting the image of God were made in His image. Yeah. And we reflect that goodness, that power, that inspiration that love to the world, like like a pond, like a still pond reflects the the image of the tree next to it, where to reflect the love of God to to other people in the world. So

Udo Erasmus 15:50

it's kind of the same, same idea, same, I would take maybe a step further, that the energy that keeps me alive, called life or life energy, not making a living,

that's usually what we do for money. That's not about life, life, life, energy itself, is actually the master. Whether you call it Buddha, or Christ, or Krishna, or whatever you call him, that master is the enlivening force in every human being, no matter what the belief system is even. So there's something deeper than the belief system. And when we experience that we feel unconditionally loved. There's our, our our unshakeable peace. It's part of our nature built in, there's our God, built in, you know, everywhere, but built in here, too. And accessible by bringing our awareness by bringing the focus of awareness deeper, and usually requires some kind of a stillness practice.

David Sandstrom 16:53

Yeah. Well, you know, I heard you say, this phrase on the podcast that I listened to you on La last week, and it was when we feel taken care of, then we can go and help others. And and I like to say that we can only give out of our abundance, if we don't have more than enough energy to get through our day. And more than enough joy, and peace and love to share with the world that we're not gonna be able to give it. Yeah, we have to be filled up ourselves first, correct?

Udo Erasmus 17:19

Yeah, yeah. And yeah, and because our biggest driving force, because we were, we're in that state, fully present in our being when we're in our mother's womb, because there's nowhere to go. There's nothing to do. Everything's taken care of. Yeah, so so we're hanging out there, just like present side, we don't even know there's outside to be present. Right. But then we get born. And we our awareness goes out through our senses, into the world that we have to get to know to, to assess it for friend, enemy or irrelevant. That's a survival function. And in the process of going out with our awareness, we get disconnected. It can it are the focus of our awareness disconnects from the inside, and goes outside. And that's an automatic process for every human being. But to go back, has to be deliberate. Because anything that changes on the outside automatically draws our awareness out. But there's nothing inside. Look at me. Think like that inside. So we're not automatically drawn back inside. What, what does call us back is something I call heart ache, or thirst of the heart, an ache in your chest. That happens whenever you lose something that's dear to you on the outside. And that's the heart. It's actually not about grandma who died or the dog that ran away, or the betrayal that happened. That's actually the heart, calling our attention to come back home, inside to its source in life. That's where you find the master. That's where you find the peace. And that's where you find the unconditional love. Life loves your body unconditionally. Well, you know, 24, seven, the language.

David Sandstrom 19:16

The language that I hear you using is very similar to what we use in Christianity. And the idea is, we all know the story, right? Adam and Eve were living in a paradise then the enemy came along. They were tempted and then they fell from grace and the fall of the human race. Okay, so they got kicked out of that purity, that peace that you're speaking of was lost, and then Jesus Christ came to rebuild that. And that's the ache in the heart is that that missing component is a relationship or connectedness and to Jesus Christ Himself, it would get that unconditional love. So the words are almost identical.

Udo Erasmus 19:56

I get it, but until I feel fulfilled there's always an element of taking in everything I give. Good point and it's never good and it's never clean,

David Sandstrom 20:07

right? Well, that's it that goes to the mindset of scarcity. You know, there's only so much money to go around, you know, there's only so much water on the planet. You know, when you live through a lens of scarcity that's very stress producing. But when you live through a lens of abundance, you know that there's more money out there, there's no water than that. Water is recycled. You know, there'll be more where that came from, that brings peace. Right? And that's, that's health promoting. And, you know, I'm into holistic health, spirit, mind and body and that's one of his mental emotional component is enjoying that piece. I think what we're really hitting on here is the spiritual though.

Udo Erasmus 20:40

Yeah, absolutely. Yeah.

David Sandstrom 20:46

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David Sandstrom 21:48

That's what we're really hitting on here is the spiritual though.

Udo Erasmus 21:51

Yeah, absolutely. Yeah. The Hunger the hunger and the home. Yeah, the hunger to feel whole Yeah, the hunger to to be in peace. But the process is usually gradual. You know, when you you sometimes to you you see a newborn baby. Yeah. And its eyes open and go around like this. And it don't fix out on anything. Because it because it hasn't learned

David Sandstrom 22:13

that there's an outside world yet.

Udo Erasmus 22:14

Yeah. It hasn't learned to to focus outward. Yeah. It's still inside, just like in that in that blissful state. Yeah. And then sometimes they smiled, and sometimes they're just looking around. But hey, they're not seeing anything. Yeah. Right. And so that's learned. And now. Now I'm 78. I've gone out so many times. It's really easy for me to go outside.

David Sandstrom 22:37

Yeah.

Udo Erasmus 22:37

How much time have I actually spent getting good at bringing it back home? Because that's what missing in in the human race? Yes. And that's why we do so many stupid things, because we're doing them because we're trying to get taken care of, even though nothing we do on the outside is going to take care of us because we are already taken care of.

David Sandstrom 22:57

Well, you know, I'd like to add to that. That's true. But I'd like to add this is that as it does I have four children. So I got to see the procreation process. I actually delivered my first child. I was the first person to hold up my first girl. I live in all three of mine. Oh, that's awesome. In that great. You got that in common?

Udo Erasmus 23:14

It's a it's a holy moment.

David Sandstrom 23:16

Oh, it is. It really does it is I get chills just now thinking that you did the same thing I did. It's an awesome thing to be to watch and be a part of. But it doesn't take those babies long to discover that there are other human beings out there and I believe in the Bible teaches this is that we are wired for relationships. Genesis chapter two says it's not good that the man be alone. And there's a

there's a great YouTube video and I'll put a link to this in the show notes. It's called the still face experiment. And if you go to YouTube and search that you'll see a really interesting video about researchers with about maybe I would say about a one year old baby and she's interacting with the mom. And they're they're smiling and you know, the joyful Glees coming out of the baby. And then the mom turns away and turns back A moment later and expressionless. Looking at the baby, same distance, but expressionless and the baby's trying to engage the mom. And you can see the baby's becoming more and more frustrated. Until finally she ends up just flailing arms and legs flailing and screaming that you know this something wrong here we've lost our connection. So I would argue that we are wired for relationships and relationships are a big part of holistic health. Because our research is coming out now and showing that loneliness is a risk factor for all kinds of diseases.

Udo Erasmus 24:38

The way I see it, and it comes from experience because I know the experience of inside I know the experience of outside I've said very profound experience in this arena. The first relationship that I need after I'm born is with my mother obviously because my survival depends on it. Right But in terms have relationships with other people later on. Relationships are difficult if I don't first have a relationship with my life

David Sandstrom 25:11

I would agree with that,

Udo Erasmus 25:11

like I like it goes like this, I can point to you and say, say whose body is that? What would you say? Mine? Yeah, my everybody, almost everybody say it's my body that you know, you have just told me that you're not the body. Right? Because you're just because just like here, hey, whose glasses are these? Oh, they're my glasses. I'm not the glasses. I'm the owner. So you're the owner of the body? So who are you as the owner of the body? Who are you? And how well do you know that? Whoever is that owner? How

David Sandstrom 25:42

well do you know now that you mentioned it? We are stewards of our bodies. We don't really own our bodies, right? We are to be stewards with them, God owns them. And we are to be good stewards. In other words, we're trusted with the care of these magnificent biochemical machines that we've been given.

Udo Erasmus 26:01

Right. So we're stewards, so I don't So and So who are you as the stewards but what what are the, what are the properties of you as a steward or?

David Sandstrom 26:10

Well,

Udo Erasmus 26:11

you as life?

David Sandstrom 26:12

Personal responsibility? Okay. And I have I have an obligation to ask the big questions about life, who am I? Where did I come from? Where am I going? What am I doing here? I think we all owe it to ourselves to come up with satisfactory answers to those big four. Okay, responsibility. You know, I'd like to take just a moment and explain to the audience what my answers to those questions are. Because those answers give me a great deal of peace and peace is very much health promoting. Who am I? I'm a child of the Most High God. Where did I come from? Well, I didn't evolve from apes. I'm created in God's image. And I'm fearfully and wonderfully made. Why am I here? I'm here to bring glory to God by reflecting his love to everyone who comes into my sphere of influence. Where am I going, I'm going to a paradise. When when life on this earth is over, I'm going to, I'm going to a home that God is preparing especially for me, and my brothers and sisters in Christ. That view that I get from the Bible gives my life meaning and purpose, and I receive a great deal of contentment and love, joy and peace, which are all health promoting. If we remove the biblical framework for God, then those answers become kind of muddy. Who am I? I'm nothing more than a random collection of atoms and molecules. Where did I come from? I must be some form of natural selection. I guess I evolved from a single cell organism somewhere in our distant past. Why am I here? Well, the atheist has no real answer for that my purpose in life remains a mystery. If there is no God, where am I going back to the dust of the earth and it's over. That belief system will take us down some very destructive paths, our choices become unclear because without a creator will have a very difficult time deciding what's right and wrong. Ethics become situational rather than enduring. That atheistic worldview breeds discontent and selfishness and relational disconnect, which are of course, destructive to our health.

Udo Erasmus 28:37

Right? Okay. So I think of it as who I actually am is life energy, the attributes of life energy. And life energy is the same as the master the life energy, and by the way came from the sun. When the green leaves got started between in bonds between atoms became food molecules, we ate them broken down, energy is released. There's that energy, that energy, objectively, it's called sunlight or sun energy. And subjectively, it's called Christ.

David Sandstrom 29:19

Well, I would agree with that. God said, Let there be light. So he's this. He's the ultimate source. And we get to observe all of the all of creation speaks, all the design that we see speaks to a designer somewhere.

Udo Erasmus 29:34

Yep. It really does. Yeah. And even if it happened all by itself, there's still a designer there.

David Sandstrom 29:42

Absolutely. Whether you believe the designer is nature itself, right, or God or, you know, or the life force, or. You know, there's something this directing this process that the process is clearly not random,

Udo Erasmus 29:56

right, clearly. And if you think about it, like As a human being clearly I don't make the earth turn, I don't make the season change. I don't decided what the angle of the planet should be that it spins around. I don't I didn't create the trees. You know, right. somebody tells me they're self made man. Let's say you must have had sex with yourself to bring yourself into the world. You know, it's like, you know, so we're really recipients of gifts after gift after gift after gift. Yeah, from whatever you call it, whatever you call it. Yeah, but the idea that there's nothing out there. Okay, well, then how did it get out there? And everything get out there.

David Sandstrom 30:37

Right. So everything came from somewhere? Yeah, we'll get a little philosophical. Yeah, but it's an interesting discussion. And it does have implications for our health and vitality. Because if we don't answer these questions satisfactorily, there's gonna be a low level stress. And stress is the enemy. When it comes to natural and holistic health. I mean, of course, we want some stress, no stress would be awful, too. But we want to, we want to press into stress and then move back up, we want to experience our sympathetic nervous system kicking in, but then we want to back out in and let the parasympathetic become more dominant. And if we're in the sympathetic or fight or flight all the time, we're not these lower level stresses, you will burn out, we're not designed for that. When we have stressful stress hormones being pumped out 24. Seven, that is not a good thing, and very detrimental to your health. So settling these issues, ask all those big four questions is absolutely an important Holistic Health concept.

Udo Erasmus 31:37

Yeah, and the parasympathetic nervous system? is the one you go into when you are they call it rest and digest. Yes, right. rest and digest gets you to parasymp. But sitting quietly, sleeping, yeah, budget, bringing awareness to the core a being where the awareness is, that's your, that's, that's the direct connection to something that's infinite, that doesn't end with your body, but that you can access within your own being. I call it internal awareness. But it's also called the field by physicists. And it's called God by people in religious theologians. And yeah, and it's not an it's not a guy with the white beard, sticking his finger and zapping. Adam, that's a that's a picture of it, right? But

David Sandstrom 32:26

it's actually it's not my picture, because some people see that, right

Udo Erasmus 32:29

it's, it's more like space, in its in its in its in its nature, in general than an old, white haired man. So that's the deepest level out of that comes energy. Because the way they explain energy in physics, energy is a collapse of a quantum field. So it's almost like a crystallization of something that is formless into so it takes the intangible and turns it into the tangible. Yeah, except energy itself is still formless. But then you can have forms of energy. And the and the, the experience of Christ, the direct experience is the experience of a being made of light.

David Sandstrom 33:15

While the Bible does say God is light,

Udo Erasmus 33:17

and yeah, and and we are made in the image of that light, the body is made in the image of that as light form human light form. So that's the second and that's where the unconditional love exists. And when I'm in touch with that energy, I feel completely loved. And I can literally radiate it, pass it on, help work, you know, not be not be taking care of myself, but just help it. And then the third, the inspiration is the shine of the light into the world. Then you get into the body, that's the next quantum collapse from energy. So that turns into matter, because matter is actually energy compressed. So then you got the physical food, fitness, air, water, all of that, right, rest recovery, detox.

David Sandstrom 34:11

So the table I'm sitting at is is a wood table, but it's actually a bunch of electrons spinning. Yeah, there's an energetic field.

Udo Erasmus 34:20

There's more space in the table than there is stuff.

David Sandstrom 34:23

Right? Yeah. Right. It's very interesting to think about, I mean, for me, a very, very scientific discipline mind, thought all this up. You know, and for me, the explanation is, it's God. Because, as you said, we didn't create the trees we didn't create. Yes, we don't cause the sun.

Udo Erasmus 34:42

No, and science. Science doesn't create anything. It just discovers what's

David Sandstrom 34:45

the greatest discover,

Udo Erasmus 34:47

yeah, just discovery. It's basically I'm looking, looking into God's handiwork.

David Sandstrom 34:51

You know, I want to say this too, that my faith tells me that since God created everything, as Christians, we need not fear science because The accurate interpretation of what the Bible passages teach should line up perfectly with science and a lot of the historical figures such as Leonardo da Vinci, Galileo, they they were believers in God. And they believe that God gave us two books, we have the Bible, but we also have nature itself. And we can look to nature to learn something about God. And that's what inspired them talk about inspiration to study the physical world because they want it to learn more about God Himself. And in fact, the Bible says that in Romans chapter one that we can look to nature to learn something about God's invisible attributes, and that that's a whole podcast in itself, right.

Udo Erasmus 35:44

I like this. I think in this topic, there are many, many, many, many podcasts.

David Sandstrom 35:48

I agree we could be going on all week. I think this is a good place to hit the pause button, and we'll continue this conversation next week. Next week, we're going to be talking more about Udo's total sexy health program. Please don't forget this episode is brought to you by butcher box. BUTCHER box delivers high quality meats and seafood directly to your door with free shipping. After our first order, my wife and I saw the quality of these products and we were hooked. You're going to love this service to check them off by going to my website, David Sandstrom.com forward slash resources, use my affiliate link by clicking on the butcher box logo. And right now they're offering my listeners the natural nation \$30 off your first order. For more, go to DavidSandstrom.com. in the show

notes for each episode, you'll find links to all the resources that were mentioned, as well as a full transcript with timestamps that you can download for free. In addition, I always include a content upgrade with each show, which is a free download that is designed to help you go deeper with that subject. Once again, thank you for listening, and I'll talk with you next week. Be blessed